

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
<p>***** Sep-Dec Program Registration : Aug 21 (Tue) 10am - Aug 31 (Fri) *****                      Programs do not reach minimum registration <u>will be cancelled.</u>                      Please ensure to register during the registration week.</p>						
2	3	4	5	6	7	8
	Labour Day CLOSED	Ping Pong Club 10:00 am - 12:00 pm	OPEN 9:00am~4:30pm	Mah-Jong Club 1:00 pm - 4:00 pm  *** Outing *** Stanly Park Walking 11:00am-2:00pm	Calligraphy 2:00 pm - 3:00 pm	
9	10	11	12	13	14	15
Meditation (2R) 10:00 am - 11:30am  Monday Lighthouse 1:00 pm - 3:30pm (1F)	English (Interm.) 10:00 am - 11:30 am Ping Pong Club 10:00 am - 12:00 pm	Wed Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am  Young Craft Club 1:00pm - 3:00pm	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Brain Training 11:15 am - 12:30 pm Paper Art 1:30 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm  Magic Mini Workshop 1:00 pm - 1:30 pm	English (Beginners) -TBC 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Piano Sing-Along 1:00 pm - 2:30 pm		
16	17	18	19	20	21	22
Meditation (2R) 10:00 am - 11:30am OGOJO (1F) 10:00 am - 11:30am SmartPhone Begin. (2F) 10:00 am - 11:30am Karaoke club (1F) 12:45 pm - 3:45 pm Monday Lighthouse (2R) 1:00pm - 3:30pm	English (Intermediate) 10:00am - 11:30am Ping Pong Club 10:00 am - 12:00 pm  Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45pm - 2:45pm	Wed Lighthouse Program 10:00 am - 3:00pm Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm  Mah-Jong Club 1:00 pm - 4:00 pm	English (Beginners) -TBC 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm Calligraphy 2:00 pm - 3:00 pm		
23	24	25	26	27	28	29
Meditation (2R) 10:00 am - 11:30am OGOJO (1F) 10:00 am - 11:30am PC Seminar 10:00am - 11:30am Monday Lighthouse 1:00pm - 3:30pm	English (Intermediate) 10:00am - 11:30am Ping Pong Club 10:00 am - 12:00 pm  Yoga for Seniors 12:30 pm - 1:30 pm Hula Dace for Seniors 1:45pm - 2:45pm	Wed Lighthouse Program 10:00 am - 3:00 Rythmique (2R) 10:00 am - 12:00 pm Japanese Class (Beg.) 10:00 am - 11:30 am Lunch Program 11:45 am - 12:45 am  Young Craft Club 1:00pm - 3:00pm	Osteofit 10:15 am - 11:00 am Aerobics for Seniors 11:30 am - 12:45 pm Brain Training 11:15 am - 12:30 pm Paper Art 1:30 pm - 3:00 pm Mah-Jong Club 1:00 pm - 4:00 pm	English (Beginners) -TBC 10:00 am - 11:30 am Craft Club 10:00 am - 3:00 pm Lunch Program 11:45 am - 12:45 pm  ** Senior Life Seminar ** ~ What is Aging? ~ 1:30pm - 3:00pm		

Notes:

**SPA Room**  
**Tel: 604-368-8413**  
 (Rie)